

A RESOLUTION recognize the month of February 2015 as American Heart Health Month in Kentucky and February 6, 2015, as Wear Red Day order to raise awareness of the importance of the ongoing fight against heart disease.

WHEREAS, the American Heart Association is celebrating February 2015 as American heart health month and promoting education and awareness by encouraging citizens to learn the warning signs of heart attack and stroke; and

WHEREAS, the American Heart Association's 2020 impact goal seeks to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular disease and stroke by 20 percent through research, population and community-level interventions, and public health and policy measures; and

WHEREAS, in 2012 there were 10,024 deaths in Kentucky from heart disease, the sixth highest rate of deaths from heart disease among all states; and

WHEREAS, heart disease is the number one cause of death in Kentucky, yet 80 percent of cardiac events can be prevented; and

WHEREAS, Kentucky ranks high on several risk factors for heart disease, including the percentage current smokers, 28.3 percent; physically inactive persons, 27.7 percent; and overweight or obese persons, 66.9 percent; and

WHEREAS, risk factors for heart disease can be controlled by not smoking, getting regular exercise, and maintaining a healthy diet; and

WHEREAS, approximately one-half of all Kentuckians have at least one major risk factor for heart disease, but many don't know it and others are slow to act upon warning signs; and

WHEREAS, heart disease and stroke account for 28.7 percent of all female deaths in Kentucky; and

WHEREAS, on average, about 16 women die from heart disease and stroke in Kentucky each day; and

WHEREAS, women are more likely than men to deny signs of heart disease partly

because they tend to put their own health on the back burner while caring for others; and

WHEREAS, studies show that nearly two-thirds of women who died suddenly of heart disease had no previous symptoms; and

WHEREAS, a 2010 study in a heart association journal said only 34 percent of clinical trial subjects in cardiovascular research are women; and

WHEREAS, women involved with the American Heart Association's Go Red For Women movement live healthier lives. Nearly 90 percent have made at least one healthy behavior change; and

WHEREAS, Go Red For Women is asking all Americans to Go Red by wearing red and speaking red. Get your numbers: ask your doctor to check your blood pressure and cholesterol. Own your lifestyle: stop smoking, lose weight, exercise, and eat a healthy diet. Realize your risk: educate your family, make healthy food choices for you and your family, and teach your kids the importance of staying active. Don't be silent: tell all women you know that heart disease is their number one killer; and

WHEREAS, annually we recommit to improving our heart health and continuing the fight against heart disease for ourselves and our families and in memory of loved ones lost to this deadly disease;

NOW, THEREFORE,

Be it resolved by the House of Representatives of the General Assembly of the Commonwealth of Kentucky:

➔Section 1. This honorable body recognizes the month of February 2015 as American Heart Health Month in Kentucky and February 6, 2015, as Wear Red Day in order to raise awareness of the importance of the ongoing fight against heart disease.